Claims

1. (Original) A light-weight construction core made of wood for sliding bodies, e.g., skis, in particular cross-country skis, having at least three grooves or slits, respectively, arranged in longitudinal rows, which grooves or slits extend in the longitudinal direction of the ski and are offset row-wise relative to each other, characterized in that the grooves or slits, respectively, preferably in the binding region are formed to be open towards the running surface only and - viewed in longitudinal section – have a circular-arc-shape or elongate shape having rounded corners.

2. (Original) A light-weight construction core according to claim 1, characterized in that the grooves or slits of the neighboring groove rows are offset by half the groove length relative to each other.

3. (Currently Amended) A method of producing a light-weight construction core according to claim 1, characterized by the steps of using wood as the core material, and forming the ~~the~~ grooves or slits, respectively, by moving a circular saw into the core material in steps.

4. (Original) A method according to claim 3, characterized in that the core is formed by pressing together a core material in at least twice the width of the skis to be produced and subsequently cutting the pressed core material into individual ski widths.

5. (Original) A method according to claim 3, characterized in that the core is pressed together of adhesive-bonded lamellae extending in the longitudinal direction of the ski and at least in the binding region, is made with wall portions for the introduction of screws.